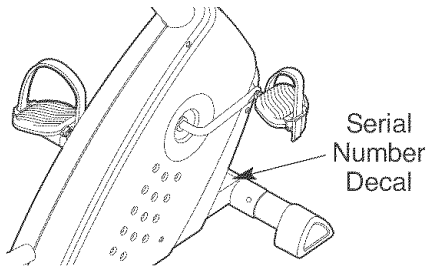
HEALTHRIDER®
N35

Model No. HREX2076.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

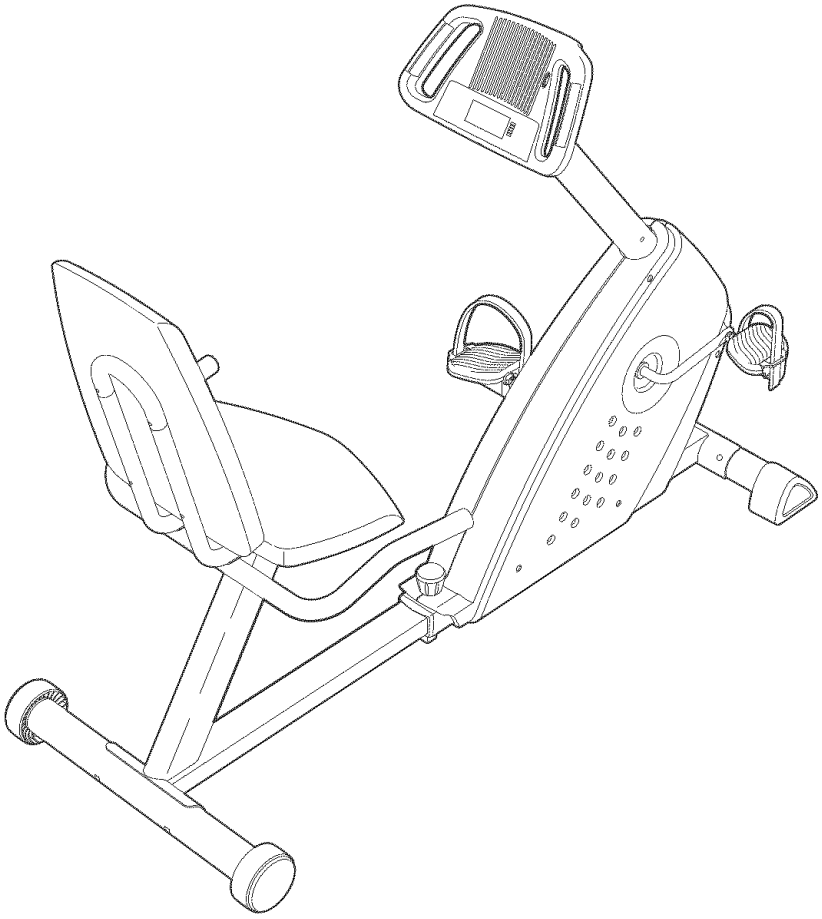
CALL TOLL-FREE:
1-888-922-4222
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.healthriderservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

www.healthrider.com

new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 2
BEFORE YOU BEGIN 3
ASSEMBLY 4
HOW TO OPERATE THE EXERCISE CYCLE 8
MAINTENANCE AND TROUBLESHOOTING 12
CONDITIONING GUIDELINES 13
PART LIST 14
EXPLODED DRAWING 15
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. The exercise cycle should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
10. Always keep your back straight when using the exercise cycle; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The exercise cycle does not have a freewheel; the pedals will continue to move until the flywheel stops.
13. The decal shown on page 3 has been placed on the exercise cycle. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

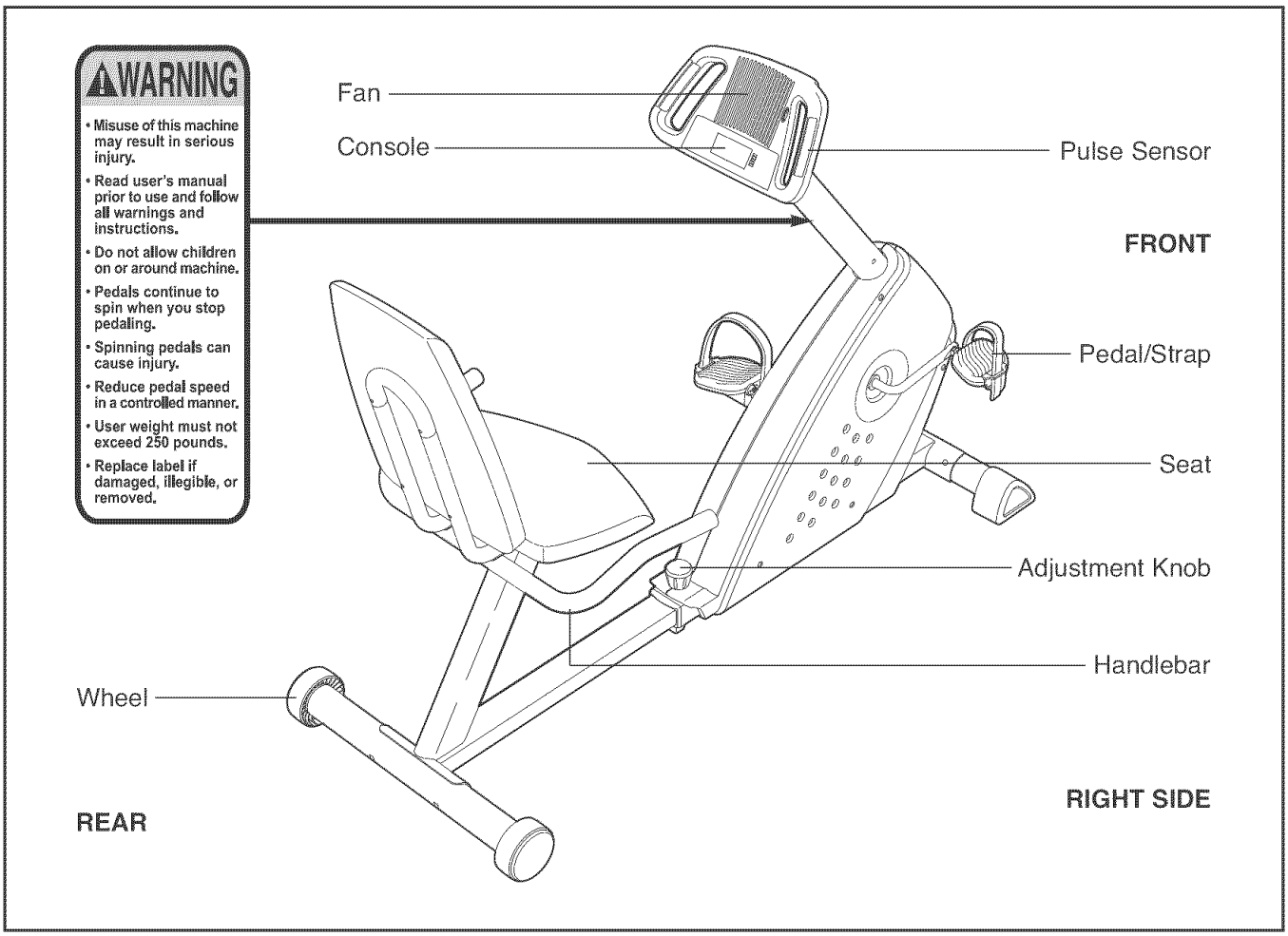
BEFORE YOU BEGIN

Thank you for selecting the new HEALTHRIDER® N35 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The N35 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is HREX2076.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.healthriderservice.com/registration.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

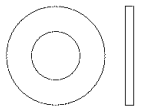

WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.
Fan
Console
Pulse Sensor
FRONT
Pedal/Strap
Seat
Adjustment Knob
Handlebar
Wheel
REAR
RIGHT SIDE

ASSEMBLY

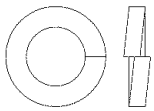
To hire an authorized service technician to assemble the exercise cycle, call toll-free 1-800-445-2480.

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a phillips screwdriver** **and an adjustable wrench** **.**

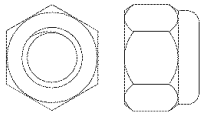
As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**



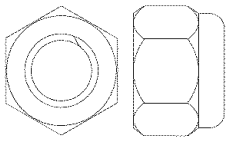
M6 Washer (55)–8



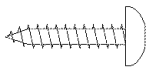
M8 Split Washer (59)–5



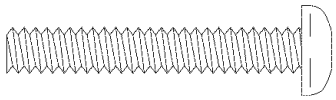
M8 Nylon Locknut (60)–4



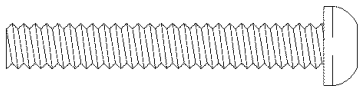
M10 Nylon Locknut (63)–4



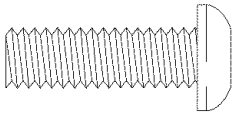
M4 x 16mm Round Head Screw (52)–4



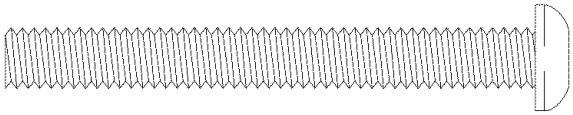
M6 x 38mm Button Screw (48)–4



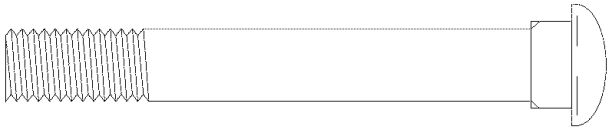
M6 x 42mm Button Screw (49)–4



M8 x 25mm Button Screw (33)–3



M8 x 70mm Button Bolt (54)–2



M10 x 75mm Carriage Bolt (51)–4

1. **To make assembly easier, read the information on page 4 before you begin assembling the exercise cycle.**

While another person lifts the front of the Frame (1), attach the Front Stabilizer (3) to the Frame with two M10 x 75mm Carriage Bolts (51) and two M10 Nylon Locknuts (63).

See the inset drawing. Loosen the Adjustment Knob (17), slide the Rear Frame (2) out of the Frame (1), and then retighten the Adjustment Knob.

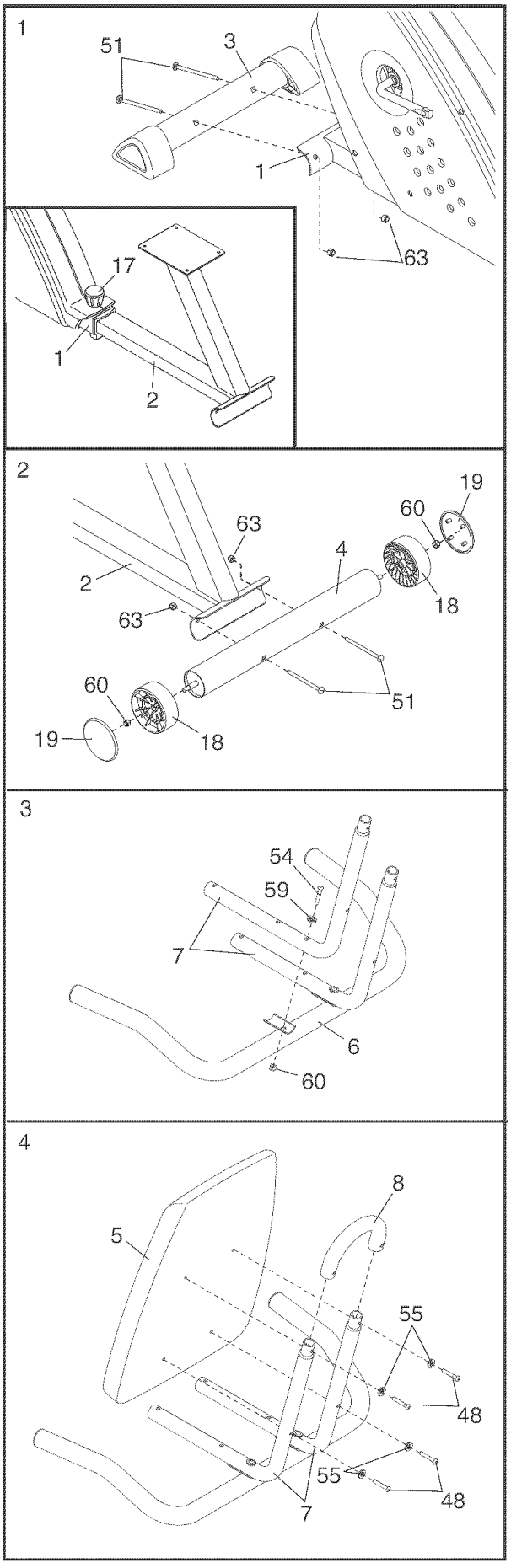
2. Attach the Wheels (18) to the Rear Stabilizer (4) with two M8 Nylon Locknuts (60). Press a Wheel Cap (19) onto each Wheel.

Attach the Rear Stabilizer (4) to the Rear Frame (2) with two M10 x 75mm Carriage Bolts (51) and two M10 Nylon Locknuts (63).

3. Attach a Seat Frame (7) to the Handlebar (6) with an M8 x 70mm Button Bolt (54), an M8 Split Washer (59), and an M8 Nylon Locknut (60). **Do not tighten the Button Bolt yet.**

Attach the other Seat Frame (7) in the same way.

4. Slide the Seat Frame Top (8) onto the Seat Frames (7). Attach the Backrest (5) to the Seat Frames and the Seat Frame Top with four M6 x 38mm Button Screws (48) and four M6 Washers (55). **Do not tighten the Button Screws yet.**



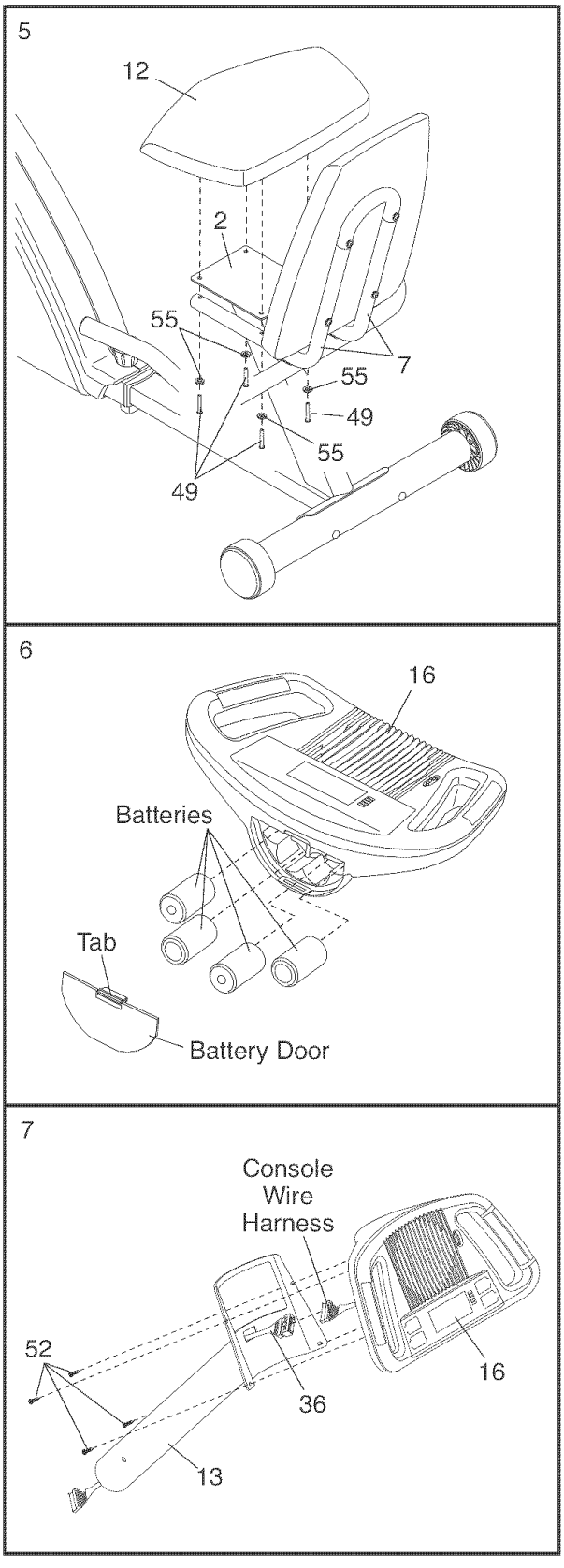
5. Have another person hold the Seat Frames (7) under the Rear Frame (2) as shown. Attach the Seat Frames and the Seat (12) to the Rear Frame with four M6 x 42mm Button Screws (49) and four M6 Washers (55).

   See step 3. Tighten the two M8 x 70mm Button Bolts (54).

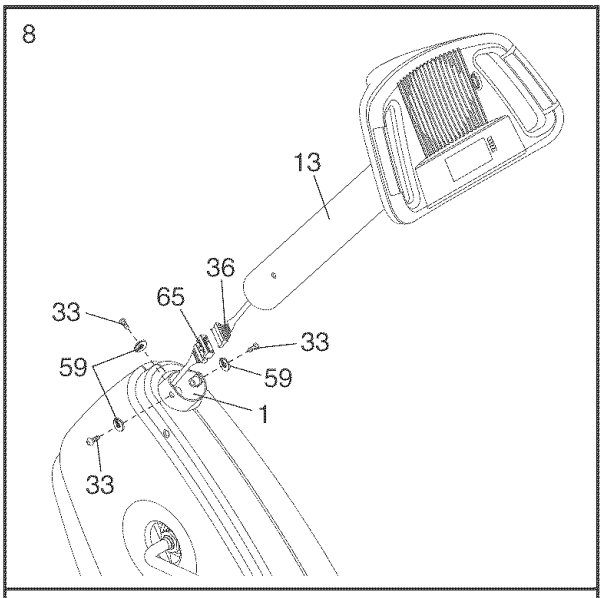
   See step 4. Tighten the four M6 x 38mm Button Screws (48).

6. The Console (16) requires four D batteries (not included); alkaline batteries are recommended. Press the tab on the battery door and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram on the battery door.** Then, reattach the battery door.

7. Connect the console wire harness to the Upper Wire Harness (36). Insert the console wire harness into the Upright (13). Attach the Console (16) to the Upright with four M4 x 16mm Round Head Screws (52).

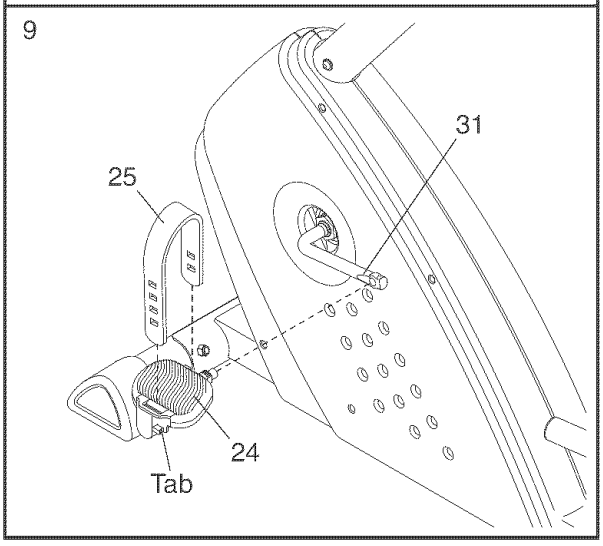


8. Connect the Upper Wire Harness (36) to the Lower Wire Harness (65). Attach the Upright (13) to the Frame (1) with three M8 x 25mm Button Screws (33) and three M8 Split Washers (59). **Be careful to avoid pinching the Wire Harnesses.**



9. Identify the Left Pedal (24), which is marked with a "Left" sticker. Firmly tighten the Left Pedal *counter-clockwise* into the left arm of the Crank (31). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

   Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Left Pedal Strap onto the tab on the Left Pedal (24). Adjust the Right Pedal Strap (not shown) in the same way.



10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: Some hardware may be left over after assembly is completed. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT

After the exercise cycle is assembled, adjust the Seat (12) to the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest forward position. Loosen the Adjustment Knob (17), slide the Rear Frame (2) forward or backward in the Frame (1), and then tighten the Adjustment Knob.

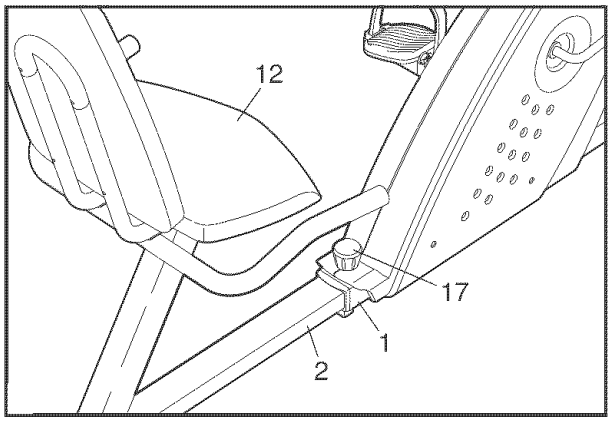
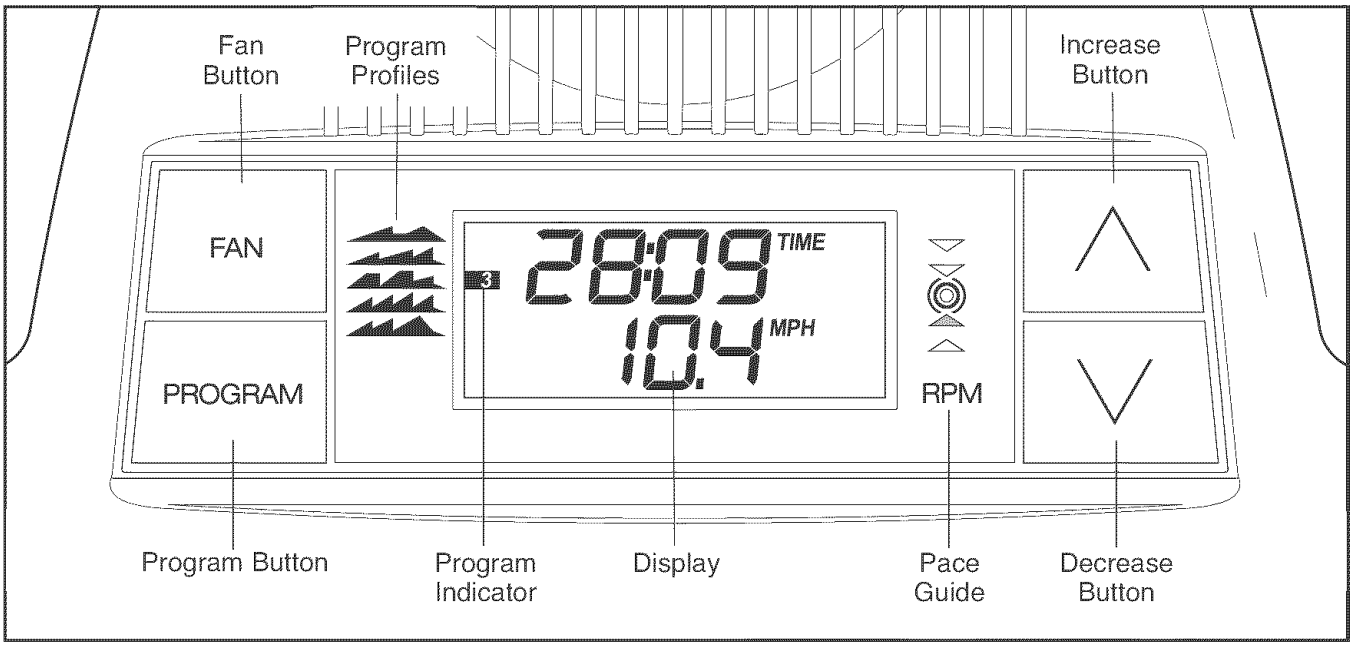


DIAGRAM OF THE CONSOLE



FEATURES OF THE CONSOLE

This advanced console offers a selection of features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers five preset programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, see the instructions at the right. **To use a preset program,** see page 11.

Before using the console, make sure that batteries are installed (see assembly step 6 on page 6). If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

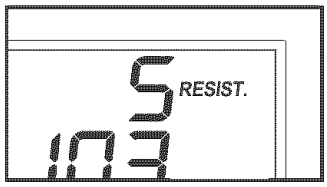
1 Turn on the console.

To turn on the console, press the Increase button or begin pedaling. The pace guide will light for a moment; the console will then be ready for use.

2 Select the manual mode.

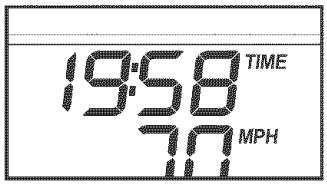
When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Program button repeatedly until no program indicators (see the drawing above) appear along the left side of the display.

3 Change the resistance of the pedals as desired.

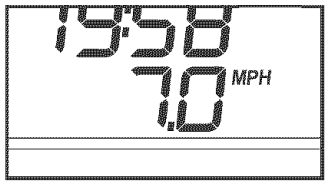


As you pedal, change the resistance of the pedals by pressing the Increase and Decrease buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

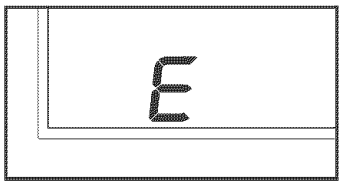
4 Follow your progress with the display.



The upper half of the display will show the elapsed time, the distance you have pedaled, and the resistance level of the pedals. The display will change modes every few seconds. Note: When a preset program is selected, the display will show the time remaining in the program instead of the elapsed time.

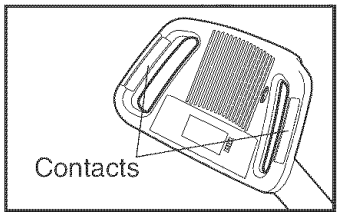


The lower half of the display will show your pedaling speed and the approximate number of calories you have burned. The display will change modes every few seconds. The lower half of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5).



Note: The console can display speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the lower half of the display to indicate the selected unit of measurement. To change the unit of measurement, first hold down the Program button for several seconds. An E (for English) or an M (for metric) will appear in the display. Press the Increase button to change the unit of measurement. When the desired unit of measurement is selected, press the Program button again. Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

5 Measure your heart rate if desired.



If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. Next, hold the handgrip pulse sensor with your palms resting on the contacts. When your pulse is detected, the heart-shaped indicator in the lower half of the display will flash each time your heart beats, and then your heart rate will appear in the display.

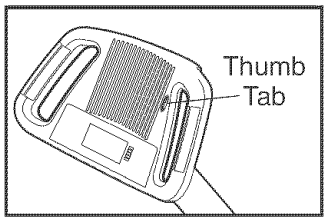
For the most accurate heart rate reading, continue to hold the handgrip pulse sensor for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for about 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate does not appear, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time. Note: If the fan is turned on but the pedals do not move for thirty seconds, the fan will automatically turn off to conserve the batteries.

Rotate the thumb tab on the right side of the fan to adjust the angle of the fan.



7 When you are finished exercising, the console will turn off automatically.

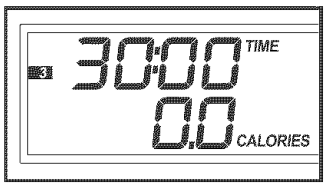
If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET PROGRAM

1 Turn on the console.

See step 1 on page 9.

2 Select a preset program.



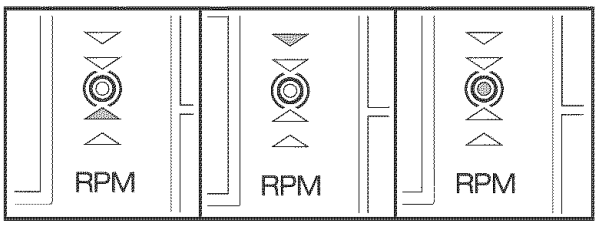
To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, or 5 appears along the left side of the display. When you select a preset program, the display will show how long the program will last.

3 Begin pedaling to start the program.

Each preset programs consists of 30 one-minute segments. One resistance level and one target pace are programmed for each segment.

At the end of each segment, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: If the resistance level is too low or too high, you can override it by pressing the Increase and Decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

During the program, the pace guide will prompt you to keep your pedaling pace near the target pace programmed for the current segment. When one of the two lower indicators lights, increase your pace; when one of the two upper indicators lights, decrease your pace. When the center indicator lights, maintain your current pace.
Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.



The display will show the time remaining in the program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4 Follow your progress with the display.

See step 4 on page 10.

5 Measure your heart rate if desired.

See step 5 on page 10.

6 Turn on the fan if desired.

See step 6 on page 10.

7 When you are finished exercising, the console will turn off automatically.

See step 7 on page 10.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

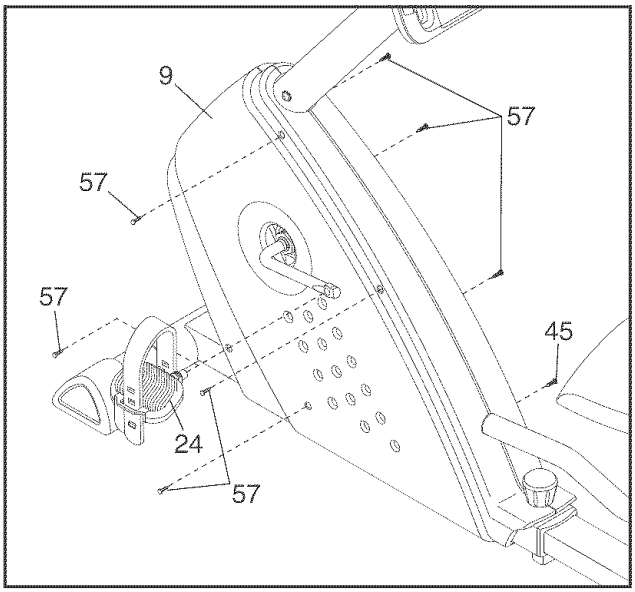
To clean the exercise cycle, use a damp cloth and a small amount of liquid dish soap. **Important: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

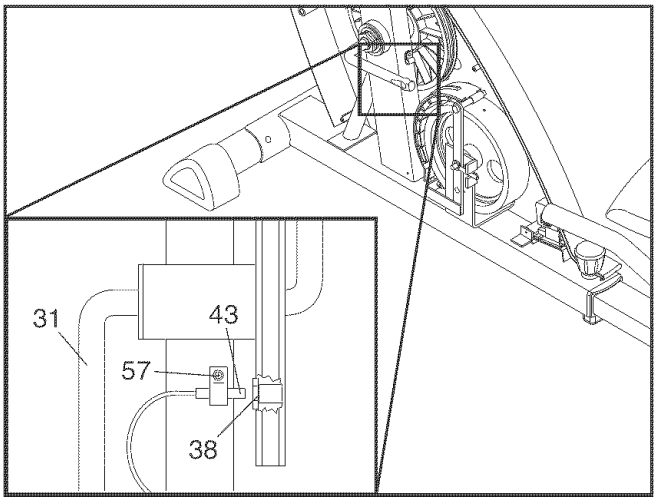
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 6.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the Left Side Shield (9). Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the seven M4 x 16mm Screws (57) and the M4 x 25mm Screw (45). Then, carefully remove the Left Side Shield.



With the left side shield removed, locate the Reed Switch (43). Turn the Crank (31) until the Magnet (38) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 16mm Screw (57). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.



HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 10.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle of your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HREX2076.0

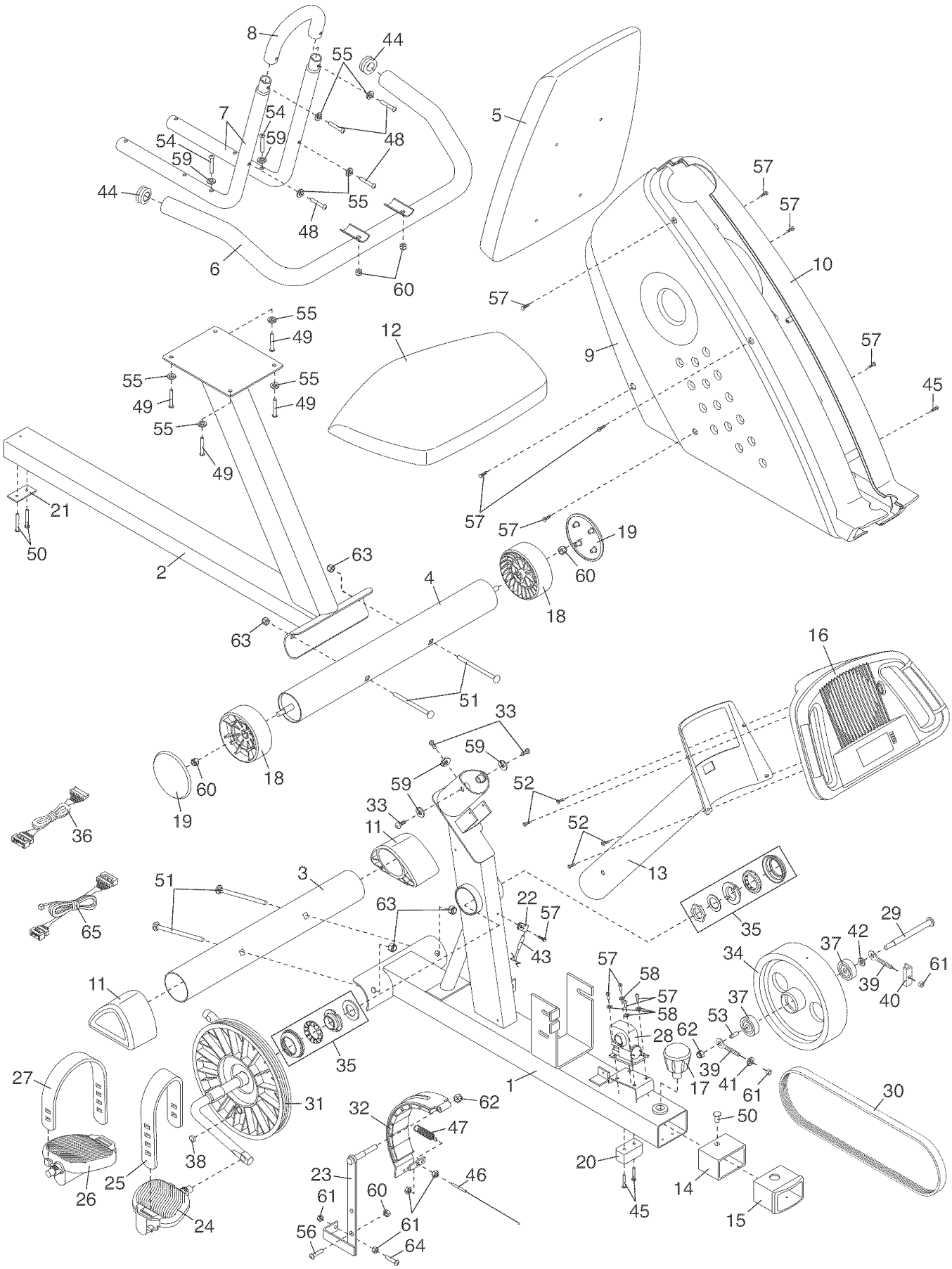
R0706A

Key No.	Qty.	Description
1	1	Frame
2	1	Rear Frame
3	1	Front Stabilizer
4	1	Rear Stabilizer
5	1	Backrest
6	1	Handlebar
7	2	Seat Frame
8	1	Seat Frame Top
9	1	Left Side Shield
10	1	Right Side Shield
11	2	Stabilizer Endcap
12	1	Seat
13	1	Upright
14	1	Front Bushing
15	1	Rear Bushing
16	1	Console
17	1	Adjustment Knob
18	2	Wheel
19	2	Wheel Cap
20	1	Frame Pad
21	1	Frame Stop
22	1	Reed Switch Clamp
23	1	C-magnet Bracket
24	1	Left Pedal
25	1	Left Pedal Strap
26	1	Right Pedal
27	1	Right Pedal Strap
28	1	Resistance Motor
29	1	Flywheel Axle
30	1	Belt
31	1	Pulley/Crank
32	1	C-magnet
33	3	M8 x 25mm Button Screw
34	1	Flywheel
35	1	Crank Bearing Assembly
36	1	Upper Wire Harness
37	2	Bearing
38	1	Magnet
39	2	Tension Bolt
40	1	Tension Bracket
41	1	M8 Washer
42	1	Flywheel Washer
43	1	Reed Switch/Wire
44	2	Handlebar Endcap
45	3	M4 x 25mm Screw
46	1	Resistance Cable
47	1	Return Spring
48	4	M6 x 38mm Button Screw
49	4	M6 x 42mm Button Screw
50	3	M4 x 16mm Flat Head Screw
51	4	M10 x 75mm Carriage Bolt
52	4	M4 x 16mm Round Head Screw
53	1	5mm Spacer
54	2	M8 x 70mm Button Bolt
55	8	M6 Washer
56	1	M8 x 20mm Button Bolt
57	12	M4 x 16mm Screw
58	4	M5 Washer
59	5	M8 Split Washer
60	5	M8 Nylon Locknut
61	6	M6 Nut
62	2	M8 Jam Nut
63	4	M10 Nylon Locknut
64	1	M6 x 38mm Bolt
65	1	Lower Wire Harness
#	1	User's Manual
#	2	Hex Key

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. HREX2076.0

R0706A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the MODEL NUMBER of the product (HREX2076.0)
- the NAME of the product (HEALTHRIDER N35 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

HEALTHRIDER is a registered trademark of ICON IP, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 245046 R0706A

Printed in China © 2006 ICON IP, Inc.